



SERMON SERIES
EMOTIONALLY HEALTHY SPIRITUALITY

STUDY GUIDE | SEPTEMBER 5, 2020

LEARN TO LOVE WELL

THE POINTS FROM THIS MESSAGE WERE:

- Become incarnational
- Check our blind spots

LET'S TALK

1. What impacted you the most from this week's message?
2. What's your first response when you see someone in need? (Do you talk about why they're in that spot in the first place, do you pass judgment, do you do something to help?)
3. Looking at the the list of sermon topics in this series (The problem of emotionally healthy spirituality; Accept the gift of your emotions; Look beneath the surface; Break free from the past; Live in brokenness and vulnerability; Receive the gifts of limits; Restore your soul with sabbath; Enlarge your soul through grief and loss; Learn to love well) which of these do you think is your biggest blind spot?
4. What struggles has the current pandemic brought to the surface in your life?
5. Pete Scazzero says, "Loving well is the essence of true spirituality. This requires that we experience connection with God, ourselves, and with other people." What's your reaction to this definition of spirituality? How does it challenge you?
6. What is one thing you can do this week to love others well?

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

This resource and additional study guides are available at cornerstonechurch.ca/messages

For more group resources including icebreakers, group activities, serving and other meeting ideas, visit cornerstonechurch.ca/onlinegroupideas
